

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

www.waukeshacounty.gov/adrc

After hours call

IMPACT 2-1-1

**211, (414) 455-1736,
or toll free 1-866-211-3380**

Our Mission

To provide older adults and people with physical or developmental/intellectual disabilities the resources needed to live with dignity and security and to achieve maximum independence and quality of life. The goal of the Aging and Disability Resource Center is to empower individuals to make informed choices and to streamline access to the right and appropriate services and supports.

Inside this Issue:

- Tips for diffusing family conflict
- Human Trafficking Awareness Day
- What is NOT covered by Medicare?
- Overnight Oats Recipe
- MLK Day Event



Inspire Your Heart with Art

“National Inspire Your Heart with Art Day” is January 31st but can be celebrated all year round. This is a day to ponder how art affects your heart. Art can have a positive effect on all of a body’s senses and can be valued and appreciated no matter what form of art you enjoy.

Art can be very powerful, it can move us to tears or cause us to burst out into joyous laughter and sometimes remain with us for a lifetime. There are many forms or mediums of art. Art can be music, paintings, or photography to name a few. Inspire Your Heart with Art Day encourages us to explore the many genres of art and let it inspire us. Below are a few ideas that you can use to inspire your heart.

- ♦ Visit an art gallery.
- ♦ Read a good book.
- ♦ Listen to music.
- ♦ Attend a ballet performance.
- ♦ Start your masterpiece.
- ♦ Teach someone how to play an instrument.
- ♦ Attend an art lecture.
- ♦ Explore a new technique.
- ♦ Try sculpting with clay or Playdoh.
- ♦ See an inspirational film.
- ♦ Share your art with others.



Art is not something that only needs to be viewed. You too can be an artist by finding a form of art that interests you, finding the tools you need and get started. You can also contact local art studios or technical college to take some classes. So whatever your choice of art, let it inspire you!

Puzzles Galore!

In honor of National Puzzle Day on January 29th, we give you a trilogy of puzzles to complete this month! (the answers are below)

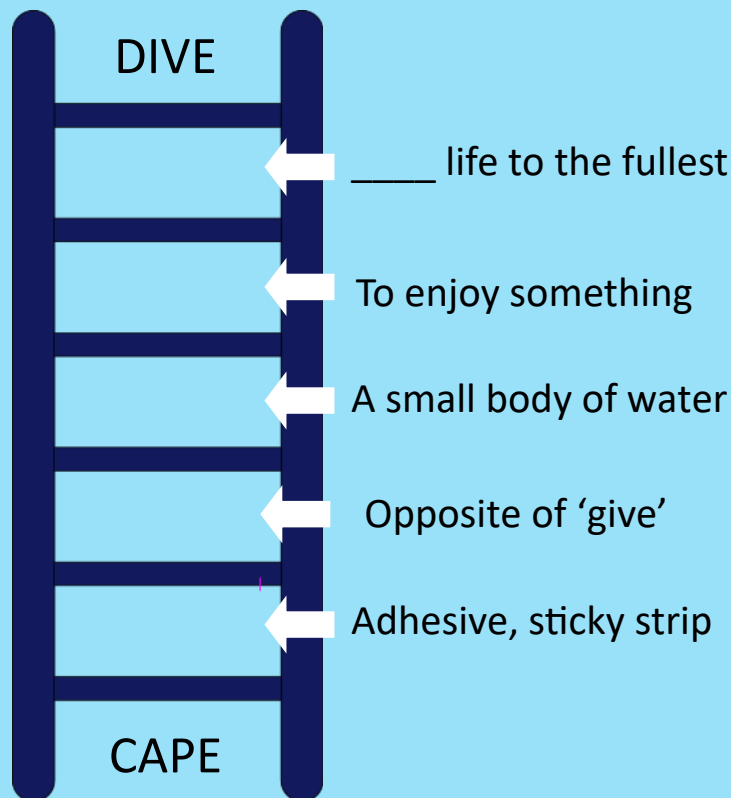
Mini-Sudoku

Fill the 6x6 grid so that each column, row, and rectangle contains digits from 1 to 6 without overlapping

		1	5		
	4			1	
2					5
6					1
	2			5	
		6	4		

Word Ladder

Changing only one letter on each rung, connect the word DIVE to the word CAPE



Solve the mini-crossword puzzle

Across

- When someone doesn't tell the truth
- _____ de Triumph in Paris or The Gateway _____ in St. Louis.
- One of the islands of Hawaii.
- What comes out when you sneeze.

Down

- Southeastern Asian country bordered by Thailand and Vietnam
- 2nd largest county in the Middle East, also known as Persia
- When a sound rebounds back to you.
- _____ the door.

1.	5.	6.	7.
2.			
3.			
4.			

Sudoku (from left to right, starting top left) 3,6,1,5,2,4, 5,4,2,6,1,3, 2,1,4,3,6,5, 6,3,5,2,4,1, 4,2,3,1,5,6, 1,5,6,4,3,2,

Ladder Puzzle—DIVE, LIVE, LIKE, LAKE, TAKE, TAPE, CAPE.

Crossword—across 1. LIES, 2. ARCH, 3. OAHU, 4. SNOT down 1. LAOS, 5. IRAN, 6. ECHO, 7. SHUT

TIPS FOR DIFFUSING FAMILY CONFLICT

Providing care for a loved one through a debilitating illness or at life's end can create stress on individuals and families alike. Each family member has his/her own response to the difficult situation and will have varying levels of commitment to help. Each person handles stress, grief and change in their own way and will also have different ideas of what is best for the loved one needing care.

Good communication is essential in keeping families strong through a difficult time. Disagreements are sure to arise but the key to success is to diffuse the conflict before feelings are hurt and long-lasting damage is done. Here are some tips that will help you avoid conflict and make your caregiving journey less stressful and more successful.

- Be honest. Say that you are feeling stressed, overwhelmed, scared, sad, etc. Then work together to diminish these feelings.
- Use "I" statements to avoid blaming others.
- Value everyone's ideas and opinions. Don't judge. There is not just one right way to provide care for someone.
- Share responsibility. When everyone has a task or responsibility (however small) a sense of teamwork is shared.
- When times get tough, remind each other that it is the disease that has caused the challenge. Blame the disease, not the person with the disease (or each other) for hard times.
- Step back and look at the larger picture. Sometimes we get hung up on a certain issue and lose sight of the more important goal (like happiness, safety and/or independence).
- If you are the main caregiver, get some respite! Taking a break from your daily duties can boost your spirits and in turn help you communicate better.
- LISTEN! Be an active listener by focusing on what is being said, including body language, without interrupting. We often miss much of what someone is saying because we are busy thinking about what we will say next. Or we "tune out" what is being said because we think we've already heard it.
- Never assume anything. When doling out tasks, be specific and clear to avoid misunderstandings. Write things down.
- Find a good time to communicate. If you need to talk to someone don't do it while they're in the middle of something else. Always ask, "Is this a good time?" before diving in with a heavy topic.
- Schedule regular family meetings, either in person, over the phone or by e-mail so everyone is kept updated on how things are going.



If you need help in your caregiving role, contact the ADRC at (262) 548-7848.



Are you a grandparent or have a new grandbaby on the way? New babies are particularly vulnerable to whooping cough, an easily spread lung infection known for uncontrollable, violent coughing. Whooping cough, also known as pertussis, can be deadly. **Grandparents can play a key role in helping to protect their grandchildren from getting whooping cough, by making sure they themselves are up to date with the pertussis vaccine.** If you have a grandchild on the way, or if you spend a lot of time with your young grandchildren, the Centers for Disease Control and Prevention (CDC) strongly recommends getting a booster of the vaccine that protects against pertussis.

Due to recent outbreaks, Waukesha County Public Health is currently able to offer the Tdap vaccine, which protects against pertussis, for \$10. Walk in anytime during our business hours to get this vaccine. Call us if you would like to see if you are due for the Tdap vaccine. 262-896-8430

Dear Ina, I really enjoy going to my local YMCA to work out but in the winter months, I cannot always get there due to inclement weather. Are there activities I can do using my smart tablet that are free and recommended for seniors?

Sign: Frank A. Fit Sr.

Dear Frank, I know it is not always easy to get to a gym during the winter months but with the worldwide web, you can find a plethora of programs recommended for seniors. Here are some recommendations:

✳ **Yoga Studio** (<http://www.yogastudioapp.com/>)

The Yoga Studio App has more than 100 ready-made yoga videos and meditations. You can search for classes based on duration (five to 60 minutes); ability (beginner to advanced); focus (balance, strength, relaxation); and intensity (low to high). Or build your own class from a library of 280 poses, complete with detailed instructions for each one.

✳ **SilverSneakersGO** (<https://go.silversneakers.com/silversneakers-go-promo>)

SilverSneakers GO offers four- to 12-week strength, walking, and flexibility and mobility programs that can be tailored to your fitness level. Within each program, you'll have access to easy-to-follow exercise demonstrations and tips to modify any movement to fit your comfort level and equipment needs.

✳ **The Johnson & Johnson Official 7 Minute Workout** (<https://7minuteworkout.jnj.com/>)

The Johnson & Johnson app makes starting up a regular workout routine a breeze. All you need is seven minutes, a wall, and a chair to get an effective strength and cardio workout. The video demonstrations and audio cues make it easy to follow along, while the app allows you to indicate your like or dislike of exercises like jumping jacks, squats, lunges, wall sits, and more. Stick with the original seven-minute workout, pick from 21 other ready-made routines, or utilize the custom workout feature as your fitness improves.

✳ **7 Minute Chi** (<http://www.7minutechi.com/>)

Often described as meditation in motion, tai chi is an effective exercise for gently improving strength, balance, flexibility, and range of motion. It's especially beneficial for older adults with joint stiffness or who want to help prevent falls. Even if you're totally new to the practice, you'll have no trouble following along as Master Li guides you through a series of exercises. Audio prompts help you sync your breath with your movements and let you know what comes next so you can focus on your practice—not watching the clock.

✳ **Sit and Be Fit** (<https://www.sitandbefit.org/>)

Sit and Be Fit is a televised exercise program for older adults and anyone needing slow gentle movement. The program is broadcast throughout the United States on public television stations. *Sit and Be Fit* is committed to improving the quality of life of older adults and physically limited individuals through safe, effective exercises that are available through television, videos and the Internet. Check you PBS local listing for dates and time or find episodes on You Tube.

✳ **You Tube**

Using YouTube you can search hundreds of videos customized for seniors. Simply go to <https://www.youtube.com/> and search fitness programs for seniors.

Join the Meals on Wheels Dream Team!

Meals on Wheels ensures that the people who took care of us aren't forgotten, and help seniors remain independent in their homes. Waukesha County's ADRC is looking for volunteers to help deliver meals to seniors throughout Waukesha County especially in the following areas: Sussex, Hartland, Oconomowoc, Waukesha and Menomonee Falls. Volunteer drivers use their own vehicles but are reimbursed for their gas mileage. Help out once a week or twice a month over the lunch hour.

Call today to find out more: 262-548-7829



Memories in the Making



Memories in the Making offers the opportunity for artistic expression.
Come have fun, relieve stress and foster your creativity.
No experience necessary!

When: Four consecutive Thursdays, February 7, 2019 through February 28, 2019.

Time: 1:00-2:30 p.m.

Where: Wagner Park, N31 W23320 Green Road, Pewaukee

Who: Individuals with MCI, early-stage Alzheimer's disease or related dementias and their care partners.

Registration required: Contact Jennifer Harders at 800-272-3900 or by email at jharders@alz.org by Thursday, January 31, 2019 .

Savvy Caregiver

Based on research by experts, this six week course from the Alzheimer's Association will provide clinical-level training for family caregivers.

Graduate from this program with improved:

- Knowledge, skills and outlook.
- Skills to assess the abilities of your family member with dementia and adjust your approach over time.
- Confidence to set and achieve caregiving goals.
- Strategies to manage activities of daily living.

The Program

The Savvy Caregiver Training Program provides over 12-hours of face-to-face training with dementia experts, a caregiver manual and access to additional online caregiving tools.

When: Six consecutive Thursdays, February 28, March 7, 14, 21, and 28 and April 4, 2019.

Time: 4:00-6:00 p.m.

Where: Aurora Summit Hospital, 36500 Aurora Drive, Summit, WI 53066




Who: Family caregivers of persons living with dementia.

Cost: \$30.00 for materials for the six-week course. Scholarships available.

Registration required: Contact Jennifer Harders by at 800-272-3900 or by email at jharders@alz.org by **Thursday, February 21, 2019.**

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND HOME DELIVERED MENU JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	 PROGRAM CLOSED	Sloppy Joe on Whole Wheat Bun Baby Bakers w/ butter Baked Beans Diced Pears Sugar Cookie Alt. Sugar Free Cookie	Creamy Chicken & Broccoli over Brown Rice Buttered Sweet Corn Chunky Applesauce Whole Wheat Bread w/ butter	Meatloaf with Gravy Mashed Potatoes with Gravy Orange Glazed Carrots Mandarin Oranges Whole Wheat Dinner Roll w/ butter
7	8	9	10	11
Herbed Chicken Breast Mashed Potatoes w/ Gravy Steamed Broccoli Fresh Apple Biscuit w/ butter Snickerdoodle Cookie Alt. Banana	Baked Ham Cheesy Hashbrown Potato Casserole Sunshine carrots Fruit Ambrosia Frosted Chocolate Cake Alt. Fresh Fruit	Whole Wheat Spaghetti & Meatballs Seasoned Green Beans Tossed Romaine Salad w/ Dressing Garlic Bread Cherry Crisp Alt. Fresh Fruit	Chicken Stroganoff Parsley Buttered Noodles Sweet Green Peas Romaine Salad w/ Ranch Dressing 7-grain Bread / butter Pears	Tuna Casserole w/ Peas and Carrots Stewed Tomatoes Wheat Dinner Roll w/ Butter Pineapple Cook's Choice Cookie Alt. Sugar Free Cookie
14	15	16	17	18
Swedish Meatballs over Noodles San Francisco Blend Vegetable Buttered Green Beans Fruit Gelatin Dinner Roll w/ Butter	Polish Sausage Bavarian Red Cabbage Buttered Potatoes Rye Bread / butter Ketchup & Mustard Fresh Orange Oatmeal Raisin Cookie Alt. Raisins	Vegetarian Lasagna Italian Blend Vegetable Spinach Salad w/ Dressing Italian Bread w/Butter Peach Half	Green Pepper Casserole Dill Baby Carrots Garlic Bread Stick Banana Lemon Pudding Alt. Sugar Free Pudding	Hearty Beef Stew Harvard Beets Winter Blend Vegetable Frosted Cake Dinner Roll w/ Butter Fresh Apple
21	22	23	24	25
Cheeseburger on Whole Wheat Bun Ketchup / Mustard pkts Baked Beans American Potato Salad Sliced Peaches Brownie Alt. Fresh Apple	Cream of Broccoli Soup Saltine Crackers BBQ Shredded Pork Whole Wheat Bun Hashbrown Casserole Creamy Coleslaw Tropical Fruit	National Pie Day Shepard's Pie Spring Mix Salad w/Ranch Dressing Bread / butter Sliced Peaches Chef's Choice Pie Alt. Fresh Fruit	Oven Roasted Turkey Mashed Potatoes w/ Gravy Green Bean Casserole Fruit Cocktail Pumpkin Bar Whole Wheat Bread w/ butter	Salmon Boat Tartar Sauce pkt Macaroni & Cheese Creamy Cumber Salad Peas and Carrots Rye Bread / butter Pineapple Tidbits
28	29	30	31	
Oven Baked Ham Au Gratin Potatoes Baked Beans Dinner Roll w/Butter Grapes Dessert Bar Alt. Banana	Oven Roasted Pork Mashed Potatoes & Gravy Steamed Carrots Fresh Apple Whole Wheat Bread Vanilla Pudding Alt. Sugar Free Pudding	Italian Wedding Soup w/ crackers French Dip in Au Jus Sub Roll Italian Vegetable Blend Sun Chips Pear Half	Chicken Cordon Bleu Red Potatoes Quarters w/ butter Green Beans Almandine Fresh Banana Baker's Choice Cookie Alt. Fresh Fruit	

**The ADRC and Senior Dining Sites will be closed on
Tuesday, January 1st. Happy New Year!**

PLEASE NOTE: MENU MAY BE SUBJECT
TO CHANGE; 1% MILK INCLUDED
ALT= LOW SUGAR ALTERNATIVE
Menu subject to change without notice

WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield 782-1636 — Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	Butler 783-5506 — Pam Hampton Regency Apartments 12999 West Hampton Avenue Monday thru Friday at 11:45	Hartland 367-5689 —Peggy Breezewood Village Apartments 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00
Menomonee Falls 251-3406 —Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	Mukwonago 363-4458 —Josh Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	Muskego 414-422-0420 —Jack Stoney Creek Adult Community S69 W14142 Tess Corners Drive Monday, Wednesday, Friday at 11:45
New Berlin 784-7877 — Lisa National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	Oconomowoc 567-5177 — Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00	Sussex 246-6747 – Sussex Civic Campus N64 W23760 Main Street Monday thru Friday at 12:00
Waukesha 547-8282 — Lucille La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00	Eligibility: Persons 60 years and older For reservations, call the dining center manager between 9:30 am- 12:00 pm or the ADRC at (262) 548-7826 one working day in advance. Transportation may be available by taxi or Rideline for \$1.00 each way. Some Meals Sites offer blood pressure checks free of charge and some have foot care available for a fee. Ask your meal site coordinator what is available.	

RENEW YOUR SUBSCRIPTION

In an effort to keep our database up to date, we are asking everyone to renew their newsletter subscription before March 1st.

Call the ADRC at (262) 548-7848 and let them know you'd like to keep receiving the newsletter every month. Or fill out this online form:

<https://goo.gl/forms/ajcXQ98hcryEYWci2>

If you do not contact us, before March 1st, your subscription will be cancelled and you will no long receive our newsletter.

THANK YOU!

Evidence Based Health Promotion Program

All programs offered by the ADRC of Waukesha County meet the highest-level research criteria as determined by the National Council on Aging and the National Institute of Health. The primary goals of Evidence Based Education Programs are to empower participants to adopt healthy behaviors, improve the health status of participants and to help participants prevent the onset or progression of disease health problems. For a full list of these and future classes available, contact the ADRC or check out our website at <https://www.waukeshacounty.gov/ADRCWorkshops/>.

Powerful Tools for Caregivers - Caregivers will learn how to reduce stress, improve communication, set action plans and solve problems. After completing this course, many participants report they were able to overcome the challenges that arise with caregiving.

Wednesdays, February 6 - March 13, 2019 1:00pm – 2:30pm (light snack included)

Location: **Hartland Public Library – Community Room**
110 East Park Ave. | Hartland, WI 53029

Contact: Hartland Library: (262) 367-3350 or ADRC of Waukesha (262) 548 - 7848

Cost: Free with suggested deposit of \$30 for workbook

Class size: 15 maximum participants

Boost Your Brain & Memory - This class is a multi-faceted, whole person program offering a unique approach to brain fitness. Program participants learn practices that can help them live a healthier life, remember things better, be more organized and pay closer attention.

Tuesdays, February 5 - March 26, 2019 9:30am – 11:00am

Location: **YMCA of Greater Waukesha County**
320 East Broadway | Waukesha, WI 53186

Contact: Robyn (262) 542-2557 or ADRC of Waukesha (262) 548 - 7848

Tuesday | January 15th | 10:00AM

Pewaukee Public Library

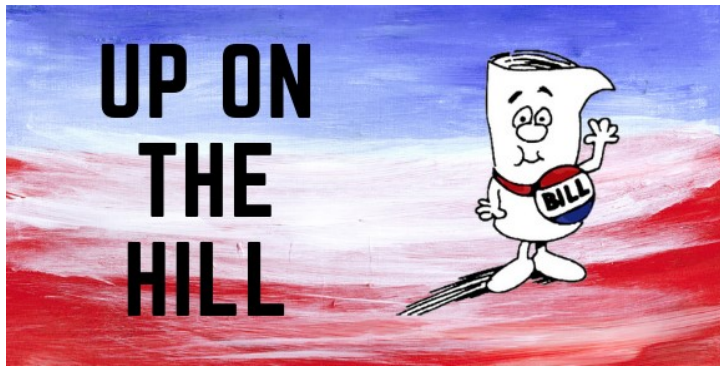
MEDICATION SAFETY FOR OLDER ADULTS

Medications are important therapeutic tools for living a healthy life - but they come with risks.

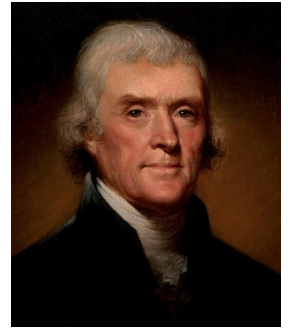
Registration: Adult Reference Desk (262) 691-5670 ext: 925



• A •
CUP
• OF •
HEALTH
• COFFEE TALKS •



“We in America do *not* have government by the majority. We have government by the majority **who participate.**”
—Thomas Jefferson



Wikipedia defines advocacy as “an activity by an individual or group which aims to influence decisions within political, economic, and social systems and institutions.” Advocacy can also be defined as simply people having a conversation about what is important to them and important to those they love.

You may be saying to yourself, “I’m not into politics”, and that’s okay. Advocacy actually is not about politics – it is about policy. Policy related to programs for seniors; policy related to health care; policy related to the environment. For example, the Older Americans Act – the primary funder for programs like Meals on Wheels and Caregiver Support – is federal law. It must periodically be reauthorized by Congress, and it must continue to be funded. If these programs for seniors are important to you, you have the right and the duty as an American to speak up to your lawmakers about them.

And it really is just a conversation, and ideally a friendly one. Our lawmakers want to hear from us because they want to know what is important to the people they are representing. If affordable housing is important to you, or Foodshare benefits are important to you, it is critical that you let your elected officials know about it. Advocacy is education – Education for our lawmakers.

We do not want to be pushy or threatening in our communication to those who represent us. We want to be respectful and understand that different people have different beliefs, but you have the right and the duty to share your beliefs with those who were elected to represent you. If you have a story related to why something is important to you, all the better. Tell that story!

It’s been said that facts make us credible, but stories make us memorable. **Tell your story!**

In the coming months, look to the Advocacy Corner for information on current legislation and policy that affects seniors and adults with disabilities, along with continued tips and strategies for making your voice heard.

Honoring President George H.W. Bush

On Friday, November 30th, our nation lost a great American who had a great commitment to public service, President George H.W. Bush.

That commitment was on full display on July 26, 1990, when Pres. Bush signed into law the landmark Americans with Disabilities Act. From curb cuts and accessible buses to the integration of people with disabilities in schools, workplaces, businesses, and neighborhoods, the ADA has made our communities more accessible and more inclusive. Thanks to President Bush’s leadership, millions of older adults and people with disabilities have been able to enter through doors, both literal and metaphorical, that were previously closed to them.

“Together, we must remove the physical barriers we have created and the social barriers that we have accepted,” President Bush said as he signed the ADA into law. “For ours will never be a truly prosperous nation until all within it prosper.”



January 11th is Human Trafficking Awareness Day

Perhaps you have seen news reports, read or listened to stories on social media about human trafficking. You may have asked yourself; does this really happen in America? In this article, we'll provide information on what human trafficking is, address some myths, and provide information so you can be aware of the very real threat of human trafficking in your community.

What is Human Trafficking?

Human trafficking is a form of modern slavery that occurs in every state in the US, including Wisconsin. Victims of human trafficking may be forced to provide labor and/or commercial sex in many different types of situations. Most labor trafficking occurs in domestic work, agricultural jobs, travelling sales crews, health and beauty services, construction, and even restaurants. Sex trafficking victims can be forced to work in many venues/industries including hotels, fake massage businesses, brothels, truck stops, or on the street. Human trafficking can happen to young and old alike.

Human Trafficking Myths

Myth	Truth
Victims are held against their will using some form of physical restraint or bondage.	While some traffickers physically hold the people they exploit, it is more common for traffickers to use psychological means of control. Some individuals who are being manipulated believe they are in love with their trafficker, making them resistant to seek help. Other methods of control and trapping people include isolating them from family, friends, and public, confiscating passports or other identification, threatening imprisonment or deportation, financial obligations, and controlling their money.
Victims will be desperate to escape their trafficker and will ask for help when they need it.	Individuals who experience trafficking may not seek help due to many factors including: shame, self-blame, and fear. They may not self-identify as being a victim of human trafficking.
Only women and children are trafficked.	Anyone can experience human trafficking, including men. Traffickers prey on the vulnerable, often with promises of a better life.

How prevalent is Human Trafficking?

There were 64 reported cases of Human Trafficking in Wisconsin in 2017, and these are only the reported cases. Human Trafficking has been documented in every county in Wisconsin. Across the United States, there were 14,117 calls made to The National Human Trafficking Hotline in 2017.

The biggest 'areas' of these reports are generally within and between the major cities; between Chicago and Milwaukee, between Milwaukee and Madison, and between Madison and Green Bay. Therefore, it is important to be aware of the warning signs of human trafficking even here in Waukesha County!

What are the Warning Signs that someone is a victim of trafficking?

The Waukesha County Anti-Human Trafficking Task Force recommends being aware of these warning signs within your community:

- Victims show signs of fear, anxiety, tension, submission, and/or nervousness. They may avoid eye contact or interaction with others.
- Victims show signs of physical abuse, restraint, and/or confinement.
- Victims may show signs of malnourishment, poor hygiene, fatigue, untreated illness/injury.
- Tattoos in similar locations as other people they are traveling with. This may indicate 'branding' by a trafficker.
- Victims may dress inappropriately for their age or may claim to be an adult although appearance suggests they are a minor.
- Victims do not have identification, money, or personal items.
- Victims appear to be with a significantly older 'boyfriend' or in the company of older males.
- A group of girls appear to be traveling with an older female or male.

If you or someone you know may be experiencing human trafficking, please contact the National Human Trafficking Hotline by calling 1-888-373-7888 or text 233733.

Other sources of information include The Women's Center of Waukesha, Office on Trafficking in Persons, and the Polaris Project.

From the Desk of Your Benefit Specialist

What is NOT covered by Medicare?

Figuring out whether Medicare will pay your claims is often confusing. Payment of claims depends on many factors. However, there are certain things that **Original Medicare** (Part A & B) will generally NOT cover, such as:

- ◆ Routine vision care and exams; glasses (unless related to cataract surgery.)
- ◆ Routine hearing exams, hearing aids, or the cost of fitting hearing aids (however, you will only pay 20% of the Medicare-approved amount for diagnostic hearing exams)
- ◆ Routine foot care (although there are a few exceptions under some circumstances for people with diabetes, for example.)
- ◆ Most dental care and dentures
- ◆ Virtual colonoscopies
- ◆ Acupuncture
- ◆ Holistic medicine
- ◆ Cosmetic surgery
- ◆ If you elect **hospice care**, Medicare will not pay for room and board charges. This can result in large and unexpected bills. Although there are advantages to choosing hospice care under some circumstances, it is important to be clear about what will not be covered when you or your spouse decide on hospice care. Ask for information when you are deciding.
- ◆ Charges for things such as television, telephone, a private room, private duty nursing, or personal care items (razors, slipper socks, etc.) while you are hospitalized
- ◆ Deductibles, coinsurance, or copayments when you get health care services
- ◆ Custodial care (help with bathing, dressing, using the bathroom, and eating) at home or in a nursing home if that is the only kind of care that is received
- ◆ Health care received while outside of the United States (except in limited circumstances.)

These are just a few of the things that are not covered by the Original Medicare Plan. There are other things that Medicare does not cover. If you are unsure about whether Medicare will pay for a certain service, call 1-800-MEDICARE for assistance. Medicare Advantage plans may include extra benefits, such as routine physical and vision exams, prescription drugs, and dental care. For specific questions on what Medicare Part A (Hospital Insurance) and Part B (Medical Insurance) covers, or for more information about your Medicare health coverage choices, please call the Medicare at 1-800-MEDICARE (1-800-633-4227) for English or Spanish, or TTY 1-877-486-2048.

You always have the right to appeal claims denied by Medicare. Information about appeal rights and the appeal form are attached at the back of the Medicare Summary Notice. There is a deadline to appeal listed on the Medicare Summary Notice. Your appeal must be received before the deadline or you lose your right to appeal.



WE'RE ON FACEBOOK!



Looking to stay up to date on everything going on at the ADRC? Like our page on Facebook to get all the latest information! While on Facebook, search for

“Aging & Disability Resource Center of Waukesha County”

or find us at www.facebook.com/ADRCWC

And don't forget to tell your friends and invite them to LIKE us too!

Add some variety to breakfast by making your own Overnight Oats!

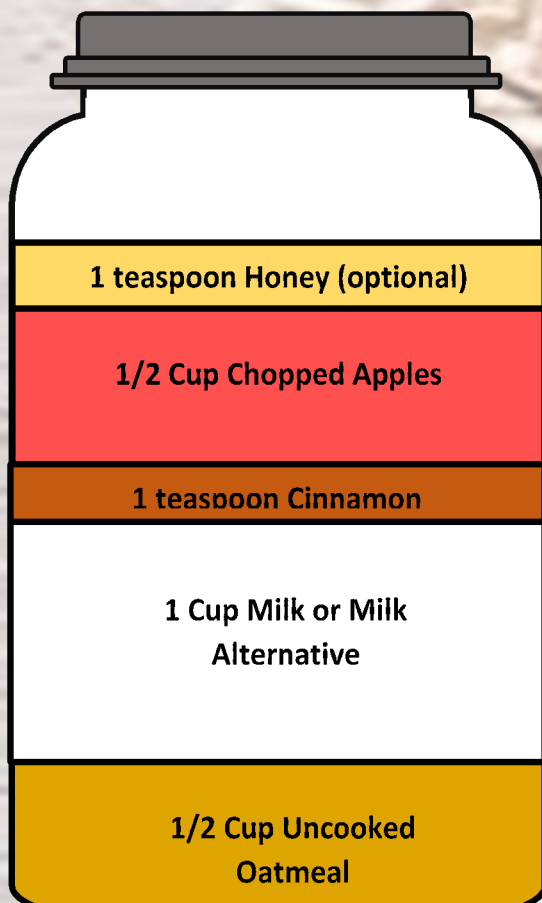
Oats have been shown to help improve cholesterol, decrease blood sugar, and help keep you full. So, what are overnight oats? They are old-fashioned oats that soak up liquid overnight. They provide a cold but flavorful alternative to hot oatmeal. Here are some ideas to enjoy your overnight oats!

Overnight Oats:

Add 1/2 cup dry rolled oats and 1 cup of milk or milk alternative to a 16oz container or a jar. Let sit overnight in your refrigerator.

Additional Ingredients to Base Recipe:

- Unsweetened Yogurt
- Seeds (Sunflower, flax, chia, etc.,)
- Chopped Nuts (Almonds, Walnuts, etc.,)
- Raisins or other Dried fruits
- Fresh Fruit (Berries, Apples, Bananas, etc.,)
- Brown Sugar or Honey



Apple Cinnamon Overnight Oats

Makes 1 Serving

Ingredients:

½ cup rolled oats

1 cup milk or your favorite milk alternative*

½ cup chopped apples

1 teaspoon ground cinnamon

1 teaspoon honey, optional

*adding Greek yogurt in place of milk can increase creaminess

Directions:

1. Add oats, milk, apples, cinnamon (and honey, if desired) together in a mason jar, re-sealable container or a bowl.

2. Shake jar or mix and combine with a spoon. Seal and chill in fridge for at least 4 hours or overnight. Enjoy cold or heat up in the microwave or stovetop.

3. Enjoy within 2 days.

FOOD WISE
Healthy choices, healthy lives.

UW Extension
University of Wisconsin-Extension

Waukesha County UW-Extension FoodWise
515 W Moreland Blvd., Administration Center Rm G22
Waukesha, WI 53188

Phone: 262-548-7877 Fax: 262-548-7787

Para más información en español comuníquese con: 262-548-7882
www.waukeshacounty.gov/uwex



Cold Weather Resources

Winter is upon us. As the temperatures drop, the ADRC wants to help ensure you stay safe and warm this winter. There are a variety of community resources available if you find yourself unexpectedly battling the elements. The Waukesha Public Library is a warm place to stop in, pick up a book and relax in a quiet, cozy environment. The Hope Center has a meal site located in downtown Waukesha and offers day programming to help those who may be exposed to the cold weather. The Housing Action Coalition of Waukesha County and The Community Action Coalition of Southeastern Wisconsin offer motel vouchers (subject to availability) to individuals and families who may need a short term stay in a motel during cold weather. Below we have included a guide listing all of the Winter Warming Centers and Emergency Shelters in our area. Contact the Housing Action Coalition for updates at: 262-522-3815 or call 2-1-1.

Facility	Address	Phone	Hours of Operation*	Emergency Shelter	Warming Center
Hebron House	812 N. East Ave	262-549-8722	open 24 hours a day	x	x
Siena House	1519 Summit Ave	262-549-8732	open 6:00 p.m. to 7:00 a.m. daily	x	x
Jeremy House	1301 E. Moreland Blvd	262-549-8735	open 24 hours a day	x	x
Salvation Army	445 Madison St	262-547-7367	Shelter operates 24 hours a day. Other services from 8:00	x	Contact directly for inquiries
The Women's Center	505 N. East Ave	262-548-3828	Shelter operates 24 hours a day. Other services from 8:30	x	Contact directly for inquiries
Family Promise	543 AJ Allen Circle, Wales	262-968-2321	Shelter operates in evening hours. Other services from	x	Contact directly for inquiries

* Hours of Operation may vary from hours of intake. Please contact each location for intake hours.

Check out some of the wonderful programs your local library has to offer. Here is a sampling:

Brookfield Public Library
1900 N. Calhoun Rd., Brookfield, WI 53005.
(262) 782-4140.

Armchair Travel Book Club

Tuesday, January 15 at 10:00 AM

<http://www.ci.brookfield.wi.us/38/Library>

Elm Grove Public Library

13600 Juneau Blvd.,

Elm Grove WI 53122

(262) 782-6700

Nutrition for the New Year, Presented by

Rita Larsen RDN, CD Wed., Jan. 9 at 7:00 PM

<http://elmgrovelibrary.org>



Menomonee Falls Public Library

W156 N8436 Pilgrim Rd

Menomonee Falls, WI 53051

(262) 532-8900

Donuts, Documentaries, Coffee & Conversation
"RBG—film regarding the exceptional life of Ruth Bader Ginsburg.

Coffee and conversation to follow.

<http://menomoneefallslibrary.org>

Honoring the Great....

Dr. Martin Luther King Jr

On January 21st, 2019 Americans across the country will celebrate one of the greatest American civil rights leaders, Dr. Martin Luther King, Jr. Many people choose to celebrate and recognize Dr. King for his most well-known accomplishments. Below, you will find 10 lesser known facts about the honorable and courageous Dr. King.

1. Dr. King's birth name was Michael, not Martin. The civil rights leader was born Michael King Jr. on January 15, 1929. In 1934, however, his father, a pastor at Atlanta's Ebenezer Baptist Church, traveled to Germany and became inspired by the Protestant Reformation leader Martin Luther. As a result, King Sr. changed his own name as well as that of his 5-year-old son.
2. Dr. King entered college at the age of 15. Dr. King was such a gifted student that he skipped grades nine and 12 before enrolling in 1944 at Morehouse College, the alma mater of his father and maternal grandfather. Although he was the son, grandson and great-grandson of Baptist ministers, Dr. King did not intend to follow the family vocation until his attendance at Morehouse.
3. Dr. King's "I Have a Dream" speech was not his first at the Lincoln Memorial. Six years before his iconic oration at the March on Washington, Dr. King was among the civil rights leaders who spoke in the shadow of the Great Emancipator on May 17, 1957 before a crowd estimated between 15,000 and 30,000.
4. According to the King Center, the civil rights leader went to jail 29 times. He was arrested for acts of civil disobedience and on trumped-up charges, such as in 1956 when he was jailed in Montgomery, Alabama for driving 30 miles per hour in a 25-mile-per-hour zone.
5. George Washington is the only other American to have had his birthday observed as a national holiday. In 1983 President Ronald Reagan signed a bill that created a federal holiday to honor Dr. King. The holiday, first commemorated in 1986, is celebrated on the third Monday in January, close to the civil rights leader's January 15th birthday.
6. In 1964 Dr. King was the youngest Nobel Peace Prize winner at the age of 35. Since then, the prize has been awarded to Malala Yousafzai (age 17, in 2014). Dr. King donated the \$54,000 prize to the civil rights effort.
7. Dr. King was the first African American "Man of the Year" in TIME Magazine's 1963 issue. The only other African American man to receive the title was Barack Obama, in 2008.
8. Martin Luther King was a "Trekkie". Dr. King urged Nichelle Nichols (who played Uhura on the show *Star Trek*) to stay because her character broke the norm as an intelligent and equal member of the crew, a departure from the typical black persona on television at that time.
9. From the years 1957 to 1968, Dr. King traveled over 6 million miles and spoke over 2,500 times at different protests and civil rights events.
10. There are approximately 900 streets in the United States that are named after Dr. Martin Luther King. Even Italy and Israel has streets named after the civil rights leader.

<https://www.history.com/news/10-things-you-may-not-know-about-martin-luther-king-jr>

WCTC MULTICULTURAL RESOURCE CENTER AND DIVERSITY & INCLUSION COMMITTEE

Moving from Bias to Justice:

A Special

MLK Day

program with

REGGIE JACKSON

National Educator and Consultant,
Nurturing Diversity Partners
& Head Griot (Historian),
America's Black Holocaust Museum



January 21, 2019

FREE & OPEN TO PUBLIC

Check-In/Lunch: 11am – 11:30am

Program: 11:30am – 1pm

WCTC GYMNASIUM, S-BUILDING

800 Main Street, Pewaukee



CAN WE ANSWER KING'S CALL?



Bias is a natural tendency of our brains, but it doesn't have to prevent us from healing our country's racial divides. To honor Dr. King's legacy, Reggie Jackson explains the biological and social roots of unconscious bias, its costs to our society, and how we can fulfill America's promise of liberty and justice for all.

R.S.V.P. ONLINE:

tinyurl.com/wctcmlk2019

ADRC of Waukesha County
Human Services Center
514 Riverview Avenue
Waukesha, WI 53188

If you would like to be added to or removed from this mailing, or if you would like to receive our Newsletter electronically, please call the ADRC at (262) 548-7848

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